

Mild Cognitive Impairment

URL of this page: <http://www.nlm.nih.gov/medlineplus/mildcognitiveimpairment.html>

Also called: MCI

Some forgetfulness can be a normal part of aging. However, some people have more memory problems than other people their age. This condition is called mild cognitive impairment, or MCI. People with MCI can take care of themselves and do their normal activities.

MCI memory problems may include

- Losing things often
- Forgetting to go to events and appointments
- Having more trouble coming up with words than other people of the same age

Your healthcare provider can do thinking, memory, and language tests to see if you have MCI. He or she also may suggest that you see a specialist for more tests. Because MCI may be an early sign of Alzheimer's disease, it's really important to see your healthcare provider every 6 to 12 months.

At this time, there is no proven treatment for MCI. Your healthcare provider can check to see if you have any changes in your memory or thinking skills over time.

Start Here

- Mild Cognitive Impairment [<http://www.nia.nih.gov/alzheimers/topics/mild-cognitive-impairment>] **NIH** (National Institute on Aging)

Overviews

- Mild Cognitive Impairment [http://www.alz.org/alzheimers_disease_mild_cognitive_impairment.asp] (Alzheimer's Association)
- Mild Cognitive Impairment (MCI) [<http://www.mayoclinic.com/print/mild-cognitive-impairment/DS00553/METHOD=print&DSECTION=all>] (Mayo Foundation for Medical Education and Research)

Latest News

- For Some, Mild Slips of Memory May Be Very Early Alzheimer's [http://www.nlm.nih.gov/medlineplus/news/fullstory_138816.html] (07/17/2013, Reuters Health)
- Mental Decline Seen Earlier When Epilepsy Present, Study Suggests [http://www.nlm.nih.gov/medlineplus/news/fullstory_138659.html] (07/12/2013, HealthDay)
- Smoking Plus Heavy Drinking May Accelerate Mental Decline [http://www.nlm.nih.gov/medlineplus/news/fullstory_138620.html] (07/11/2013, HealthDay)
- More News on Mild Cognitive Impairment [http://www.nlm.nih.gov/medlineplus/alphanews_m.html#mildcognitiveimpairment]

Prevention/Screening

- Medicare Update: Annual Wellness Visit [<http://www.alz.org/national/documents/2012annualwellnessvisit.pdf>] (Alzheimer's Association) - PDF
- Nourish Your Brain [<http://familydoctor.org/familydoctor/en/seniors/staying-healthy/nourish-your-brain.printerview.all.html>] (American Academy of Family Physicians)
- Suggesting a Memory Screening [<http://www.alzinfo.org/12/alz-guide/suggest-memory-screening>] (Fisher)

Center for Alzheimer's Research Foundation)

Coping

- Mild Cognitive Impairment: What Do We Do Now? [http://www.gerontology.vt.edu/docs/Gerontology_MCI_final.pdf] (Virginia Polytechnic Institute and State University, Center for Gerontology) - PDF

Related Issues

- Folic Acid Supplements: Can They Slow Cognitive Decline? [<http://www.mayoclinic.com/health/folic-acid-supplements/AN01602/METHOD=print>] (Mayo Foundation for Medical Education and Research)
- JAMA Patient Page: Cognitive Impairment and Money Management [<http://jama.jamanetwork.com/article.aspx?articleid=897170>] (American Medical Association)
- JAMA Patient Page: Older Drivers and Cognitive Impairment [<http://jama.jamanetwork.com/article.aspx?articleid=185760>] (American Medical Association)

Videos

- Mild Cognitive Impairment Research [http://www.alz.org/research/video/alzheimers_videos_and_media_identifying.asp] (Alzheimer's Association)

Clinical Trials

- ClinicalTrials.gov: Mild Cognitive Impairment [<http://clinicaltrials.gov/search/open/condition=%22Mild+Cognitive+Impairment%22>] [NIH](#) (National Institutes of Health)

Research

- Berries Are Good for the Brain... [<http://www.alzinfo.org/12/articles/berries-good-brain>] (Fisher Center for Alzheimer's Research Foundation)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Late-life depression, mild cognitive impairment, and dementia. [<http://www.ncbi.nlm.nih.gov/pubmed/23599941?tool=MedlinePlus>]
- Article: Clinical observation on effect of scalp electroacupuncture for mild cognitive... [<http://www.ncbi.nlm.nih.gov/pubmed/23596811?tool=MedlinePlus>]
- Article: Motor cortex and gait in mild cognitive impairment: a magnetic... [<http://www.ncbi.nlm.nih.gov/pubmed/23436505?tool=MedlinePlus>]
- Mild Cognitive Impairment – see more articles [[http://www.ncbi.nlm.nih.gov/pubmed?term=\(cognition+disorders\[majr\]+AND+\(mild\[ti\]+AND+cognitive\[ti\]+AND+impairment\[ti\]\)\)+AND+humans\[mh\]+AND+english\[la\]+AND+\(patient+education+handout\[pt\]+OR+review\[pt\]+OR+guideline\[pt\]+OR+clinical+trial\[pt\]+OR+jsubsetk\[text\]+OR+jsubsetaim\[text\]+OR+jsubsetn\[text\]\)+NOT+\(letter\[pt\]+OR+editorial\[pt\]+OR+case+reports\[pt\]\)+AND+%22last+2+Years%22\[edat\]&tool=MedlinePlus](http://www.ncbi.nlm.nih.gov/pubmed?term=(cognition+disorders[majr]+AND+(mild[ti]+AND+cognitive[ti]+AND+impairment[ti]))+AND+humans[mh]+AND+english[la]+AND+(patient+education+handout[pt]+OR+review[pt]+OR+guideline[pt]+OR+clinical+trial[pt]+OR+jsubsetk[text]+OR+jsubsetaim[text]+OR+jsubsetn[text])+NOT+(letter[pt]+OR+editorial[pt]+OR+case+reports[pt])+AND+%22last+2+Years%22[edat]&tool=MedlinePlus)]

Organizations

- National Institute of Neurological Disorders and Stroke [<http://www.ninds.nih.gov/>] [NIH](#)
Also available in Spanish [<http://espanol.ninds.nih.gov/>]
- National Institute on Aging [<http://www.nia.nih.gov/>] [NIH](#)
Also available in Spanish [<http://www.nia.nih.gov/Espanol/>]

Patient Handouts

- Mental status testing [<http://www.nlm.nih.gov/medlineplus/ency/article/003326.htm>]
Also available in Spanish [<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/003326.htm>]

You may also be interested in these related encyclopedia pages:

- Mental status testing [<http://www.nlm.nih.gov/medlineplus/ency/article/003326.htm>]

You may also be interested in these related MedlinePlus topics:

- Alzheimer's Disease [<http://www.nlm.nih.gov/medlineplus/alzheimersdisease.html>]
- Dementia [<http://www.nlm.nih.gov/medlineplus/dementia.html>]
- Memory [<http://www.nlm.nih.gov/medlineplus/memory.html>]
- Brain and Nerves [<http://www.nlm.nih.gov/medlineplus/brainandnerves.html>]
- Mental Health and Behavior [<http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>]
- Seniors [<http://www.nlm.nih.gov/medlineplus/seniors.html>]

The primary NIH organization for research on *Mild Cognitive Impairment* is the National Institute on Aging [<http://www.nia.nih.gov/>]

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